

Swimming Activity Description Chart

Aquatic Children's Programs

To ensure you are registering in the correct level, review the following activity descriptions. Customer safety and comfort are our primary concern. Should there be an issue with the potential safety or comfort of your child in our program, we may be required to make adjustments to your registration. In the event that a customer is unable to attend a class(es), the City regrets that make-up class(es) will not be offered.

Activity	Age	Description
Parent and Tot 1	3 months to 12 months	Spend quality time with your child while you both have fun, learn and socialize. Through structured in-water interaction between parent and child, we stress the importance of play in developing water-positive attitudes and skills. We provide Lifesaving Society Water Smart® tips on keeping your child safe in any aquatic setting. Designed for the 3 to 12-month-old to learn to enjoy the water with the parent. Class Length: 30 min.
Parent and Tot 2	12 months to 24 months	Spend quality time with your child while you both have fun, learn and socialize. Through structured in-water interaction between parent and child, we stress the importance of play in developing water-positive attitudes and skills. We provide Lifesaving Society Water Smart® tips on keeping your child safe in any aquatic setting. Designed for the 12 to 24-month-old to learn to enjoy the water with the parent. Class Length: 30 min.
Parent and Tot 3	2 years to 3 years	Spend quality time with your child while you both have fun, learn and socialize. Through structured in-water interaction between parent and child, we stress the importance of play in developing water-positive attitudes and skills. We provide Lifesaving Society Water Smart® tips on keeping your child safe in any aquatic setting. Designed for the 2 to 3-year-old to learn to enjoy the water with the parent. Class Length: 30 min.
Preschool A	3 years to 5 years	We encourage the parent to participate until their child lets them know they can do it themselves. These preschoolers will have fun learning to get in and out of the water. We'll help them jump into shallow water. They'll try floats and glides on their front and back, wearing a Personal Flotation Device. They'll learn to get their face wet and blow bubbles underwater. Recommended: New to lessons or participated in Parent and Tot. Class Length: 30 min.
Preschool B	3 years to 5 years	These preschoolers learn to jump into shallow water by themselves and get in and get out wearing a Personal Flotation Device. They'll submerge and exhale underwater. With a buoyant aid, they'll work on moving through the water kicking on their front and back. Recommended completed Preschool A. Class Length: 30 min.
Preschool C	3 years to 5 years	These preschoolers will try jumping into chest-deep water independently and into deep water wearing a Personal Flotation Device. They'll recover objects from the bottom. They'll work on moving efficiently through the water on their front and back by themselves and while wearing a PFD. Recommended completed Preschool B. Class Length: 30 min.

Preschool D	3 years to 5 years	Advanced preschoolers will learn to jump into deeper water and get out by themselves. They'll learn to support themselves at the surface, open their eyes underwater and recover objects from the bottom in deeper water. They'll focus on short (3–5m) front and back crawl swims. Recommended completed Preschool C. Class Length: 30 min.
Preschool E	3 years to 5 years	These youngsters get more adventuresome with sideways entries wearing a PFD; front and back floats with rollovers; and holding their breath underwater for up to 5 sec. They'll work on longer (5–10m) front and back crawl swims and get a giggle out of whip kick. Recommended completed Preschool D. Class Length: 30 min
Swimmer 1	5 years to 13 years	These beginners will become comfortable jumping into water with and without a Personal Flotation Device. They'll learn to open their eyes and exhale underwater, and gain the skills to confidently get objects off the bottom. They'll work on floats and moving through the water on their front and back. Recommended: non swimmer or completed Preschool A, B or C. Class Length: 30 min.
Swimmer 2	5 years to 13 years	These advanced beginners will jump into deeper water independently and learn to be comfortable falling sideways into the water wearing a Personal Flotation Device. They'll be able to support themselves at the surface without an aid, learn whip kick and swim 10–15m front and back crawl. Recommended completed swimmer 1 or completed Preschool D or E. Class Length: 30 min.
Swimmer 3	5 years to 13 years	These junior swimmers will cannonball, dive and roll into the water. New bag of tricks includes treading water, handstands, in-water somersaults and swimming underwater. They'll work on front and back crawl 10–15m and endurance swims of 25 to 50m. Recommended completed Swimmer 2. Class Length: 45 min.
Swimmer 4	5 years to 13 years	These intermediate swimmers will refine dives and stride entries. They'll learn eggbeater kick, master foot-first surface dives and in-water back somersaults. They'll learn to scull and swim 25m of front crawl, back crawl, whip kick and breaststroke arms with breathing. They'll finish with endurance swims of 50–100m. Recommended completed Swimmer 3. Class Length: 45 min.
Swimmer 5	5 years to 13 years	These swimmers will master shallow dive entries, eggbeater kick and foot-first sculling. Surface dives will take them down to underwater swims. They'll refine their front crawl, back crawl and breaststroke over 50m swims of each. Then they'll pick up the pace in 25m sprints and endurance swims of 100–200m. Recommended completed Swimmer 4. Class Length: 45 min.
Swimmer 6	5 years to 13 years	These advanced swimmers will rise to the challenge of sophisticated aquatic skills like compact jump entries and eggbeater kick for 1 min. while changing directions. They'll develop strength and power in head-up front crawl or breaststroke over 25m. They'll easily swim 100m front crawl, back crawl and breaststroke, and concentrate on the 4 x 25m sprints in interval training, ending with the 200 to 300m endurance swim. Recommended completed Swimmer 5. Class Length: 45 min.
Swim All Year	5 years to 13 years	Same time, same place and register once for swimming lessons September to June. Candidates learn and move through the Lifesaving Society Swim Program at their own pace in a comfortable, consistent environment. Select the starting level based on your child's current swimming ability and watch your child improve on their swimming skills and experience success. Evaluation of swimming skills are done on a continual basis. Scheduled payments are available. Class Length: Varies

Swimmer 7 Rookie	5 years to 13 years	Swimmers continue stroke development with 50m swims of front crawl, back crawl and breast stroke. Lifesaving sport skills include a 25m obstacle swim and 15m object carry. First aid focuses on assessment of unconscious victims, treatment of victims in shock and obstructed airway procedures. Skill drills develop a strong lifesaving foundation. Recommended completed Swimmer 6. Class Length: 60 min.
Swimmer 8 Ranger	5 years to 13 years	Swimmers develop better strokes over 75m swims of each stroke. They tackle lifesaving sport skills in a lifesaving medley, timed object support and rescue with buoyant aid. First aid focuses on assessment of unconscious victims, treatment of victims in shock and obstructed airway procedures. Skill drills develop a strong lifesaving foundation. Recommended completed Swimmer 7 Rookie Patrol. Class Length: 60 min.
Swimmer 9 Star	5 years to 13 years	Swimmers are challenged with 600m workouts, 300m timed swims and a 25m object carry. Strokes are refined over 100m swims. First aid focuses on treatment of bone or joint injuries and respiratory emergencies including asthma and allergic reactions. Lifesaving skills include defence methods, victim removals and rolling over and supporting a victim face up in shallow water. Recommended completed Swimmer 8 Ranger Patrol. Class Length: 60 min.
Semi-Private (all levels)	5 years to 13 years	Classes are designed for children who require special assistance in stroke correction or a specific skill or those looking for smaller class sizes. The classes will include all of the skills, strokes and safety content of regular classes. Instructor to student ratio is 1:3 per class. Class Length: 30 min.
Private Lessons	All ages	One-on-one instruction is available for children and adults. Classes are designed to work on specific skills or activities. Class Length: 30 min.
Bronze Star	8 years to 15 years	Excellent preparation for success in Bronze Medallion. Participants develop problem-solving and decision-making skills individually and in partners. Candidates learn CPR and develop the lifesaving skills needed to be their own lifesaver. Includes a timed 400m swim. Recommended completed Swimmer 9 Star. Course Length: Varies

Swimming Activity Description Chart

Adult Learn to Swim and Swimming Fitness Programs		
Activity	Age	Description
Adult Teen Swimmer 101	13 years & up	You will work towards completing a 15 to 25m swim on your front and back. Learn to do jump entries from the side and support yourself at the surface for 10–20 sec. You'll be able to recover an object from the bottom of chest-deep water. Prerequisite: 13years, beginner non-swimmer. Class Length: Varies—see specific pool
Adult Teen Swimmer 201	13 years & up	You will work towards completing a 50 to 100m swim. Learn to perform dive entries and demonstrate breaststroke arms and breathing over 25m. You'll develop sculling skill and strengths over 10m, and show off your handstands in shallow water. Prerequisite: 13 years, Adult 101 skill level recommended. Class Length: Varies—see specific pool
Adult Teen Swimmer 301	13 years & up	You will work towards completing a 200 to 300m continuous swims and sprinting 25m. Learn front crawl, back crawl and breaststroke over 100m, as well as sculling feet first and swimming 25m head-up. Prerequisite: 13 years, Adult 201 skill level recommended. Class Length: varies—see specific pool
Adult Teen Semi Private (all levels)	13 years & up	Smaller class size allows for personal attention to be given on required components as needed by participants. Instructor to student ratio is 1:3 per class. Prerequisite: 13 years. Class Length: 30 min
Aqua Triathlon Training	15 years & up	This program is an excellent combination of water running, vertical water training and swimming lengths. The class begins with a swimming warm up, followed by tethered deep water running and cycling with longer aerobic and short intense intervals. The program will conclude with a relaxing cool down. Class Length: 45 min
Fear Free Adult Semi-Private & Private Lessons	13 years & up	Small steps for success. You want to swim but your fear of the water stops you. Don't feel left out any longer. Begin feeling more comfortable in the water today. Instructor to student ratio is 1:3 per class for semi-private classes and 1:1 for private classes. Class Length: 30 min
Fitness Swim	15 years & up	This program is designed for those of you who want to stay fit swimming or want to take your swimming to the next level. There will be an instructor to teach stroke mechanics. Learn to use a pace clock, do flip turns and complete workouts which will develop your swimming ability and challenge your cardiovascular fitness. You must be able to swim 50 metres continuously. Class Length: 60 min
Tri-Splash and Dash Level 1	18 years & up	This introductory program is designed as a cardiovascular workout for participants who want to stay fit swimming or are just getting into triathlons. There will be a coach to give you a workout suited to your ability and give you stroke correction to improve your swimming skills. This program runs twice a week. Participants must be able to swim 2 lengths continuously. Class Length: 60 min
Tri-Splash and Dash Level 2	18 years & up	Designed as a cardiovascular workout for participants who want to increase their fitness level, train for triathlons or who are seasoned athletes looking for pool space. This program runs twice a week. Participants must be able to swim 100 meters continuously. Class Length: 60 min

Swimming Activity Description Chart

Aquatic Specialty Programs		
Activity	Age	Description
Aquatic Endurance And Stroke Improvement	10 years & up	Do you want to get stronger and prepare for the Bronze Medal programs or just become a stronger swimmer? This program is designed for people who want to improve endurance and work on stroke mechanics. Classes will be designed with drills and techniques that will create a workout to meet the needs of the individual. You must be able to swim 200 meters. Course Length: 60 min.
Children with Special Needs	5 years to 18 years	This program is designed for children with learning, physical or intellectual difficulties. It focuses on developing sound water safety habits and basic swimming skills. To participate in this program, each child must be accompanied in the water by his/her own caregiver/volunteer. This individual must be at least 14 years of age and comfortable in a water environment. They should be familiar with the child's physical and emotional needs and be capable of managing their general progress in a safe manner. Class Length: 45 min.
Junior Aquatic Endurance	6 years to 10 years	Having trouble finishing the last few metres of your endurance swim? This class is designed for you! Participants will work on completing their first full length (25 metres), focusing on proper swim mechanics relating to arms, kicking and breathing. Please note: This course is in addition to the Swimmer Program and will not cover all the components of a normal Swim level but will aid in the completion of the endurance portion allowing candidates to safely continue on to higher levels. Course Length: 45 min.
Junior Lifeguard Club	8 years to 15 years	Serious fun—that's the Junior Lifeguard Club in a nutshell. The club is a place for kids to learn about lifesaving and lifeguarding, take part in friendly competition and special events, and challenge themselves to aim for personal bests, hang out, get fit, make friends and have a good time. Participants must be able to swim at least 50m and tread water for 1 minute. Class Length: 60 min.
Kids Triathlon Training	7 years to 15 years	Most kids enjoy swimming, riding a bike and running. When you put them together you have a triathlon. A Triathlon is an individual sport that gives kids the opportunity to challenge themselves and have fun while promoting a healthy lifestyle. This program will introduce participants to the basics of the 3 sports of triathlon. Class Length: 2 hrs.
Learn to Kayak	8 years & up	Learn the basic of kayaking at Terry Fox Pool. Paddle, turn, try rolling and enjoy a game of kayak water polo. Each class will include instruction on the basics of kayaking as well as games and activities to strengthen learned skills. Class Length: 60 min.
Lifesaving Sport	8 years & up	Looking for more than just swimming lessons? Lifesaving Sport - recognized by the International Olympic Committee. Lifesaving is the only sport in which skills are first learned for humanitarian purposes and only then applied in competition. Swim - Throw - Carry - Tow Have fun in the pool. Participants must be able to swim lengths of the pool on their front comfortably. Class Length: 60 min.

Spring Board Diving	8 years & up	<p>This program teaches Dive Ontario's Learn to Dive program which is a nationally recognized award for all age groups. In this program participants will learn about diving safety and fitness, confidence and poise. Progressive diving skills will be taught according to the 4 levels of diving. Each Level incorporates Bronze, Silver and Gold achievement stages. Participants should have achieved Swimmer 4 swimming ability. Level 1 includes Front and Back Jumps, one step hurdles, jumps and dives.</p> <p>Level 2 includes 3 step hurdles, jumps and dives, back dive fall-in, standing somersault.</p> <p>Level 3 includes 3 step hurdle front pike dive, back dive layout, inward dive pike, back somersault tuck dive. (Please note Level 4 requires a 3 metre board and is currently not offered at our facilities, please contact www.diveontario.com for more information on this program including availability and course locations for this level.) Class Length: 60 min.</p>
Swim and Stroke	8 years to 15 years	<p>Participants must be able to swim one length of the pool. We teach the advanced swimming skills used in competitive swimming. With these advanced skills the participants will learn starts and turns used in competitive swimming. The children will see an improvement in fitness and in their stroke efficiency. Class Length: 60 min.</p>
Triathlon Kids Swimming	7 years to 15 years	<p>This program offers a coached weekly swim workout for kids who are interested in the sport of triathlon and leading a healthy and active lifestyle. Participants should be able to swim a minimum of one length (25 metres) of the pool. Goggles and a swim cap are required. Class Length: 60 min.</p>

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Aquatic Leadership Programs		
Activity	Age	Description
Lifesaving Society Bronze Medallion/ Emergency First Aid/CPR B	13 years by exam day OR hold Bronze Star Award	Candidate will learn rescue techniques, resuscitation and the history of the Lifesaving Society. The Emergency First Aid/CPR B provides technical knowledge and practical experience in rescue breathing, CPR and emergency care. Materials can be purchased at the pool on the first day (approx. cost \$40). Exam date to be confirmed at the pool. Prerequisite: 13 years of age by the end of the course or hold Bronze Star award. Course Length: 22.5 hrs.
Lifesaving Society Bronze Cross/ Standard First Aid/CPR C	Must have Bronze Medallion/ Emergency First Aid/ CPRB	Designed for lifesavers who want the challenge of more advanced training including an introduction to safe supervision in aquatic facilities. Bronze Cross is the prerequisite for all advanced training programs including National Lifeguard and Instructor certification. Includes a timed 600m swim. Standard First Aid/CPR C certifications are recognized by WSIB. Materials can be purchased at the pool on the first day (approx. cost \$15). Prerequisites: Emergency First Aid/ CPR B and Bronze Medallion. Bronze Cross is the prerequisite for the National Lifeguard Service Award. Exam date to be confirmed at the pool. Course Length: 27.5 hrs.
Bronze Cross Exam Challenge or Recertification	Refer to Bronze Medallion or Bronze Cross for course requirements	Bronze Cross needs to be recertified every two years. Participants need to bring proof of certification (expired card) for recertification. Candidates may challenge the complete exam by performing all test items. Proof of Bronze Medallion and Emergency First Aid/CPRB will be required to challenge the Bronze Cross. Bronze Medallion Challenges are also accepted. Refer to Lifesaving Society Bronze Medallion for prerequisites. Course Length: 3 hrs.
Lifesaving Society Assistant Instructors	14 years by last day	Assistant Instructor Course prepares candidates to help certified instructors with swimming and lifesaving classes. The course provides an introduction to swimming instruction and some of the key competencies required in successful teaching. Candidates are introduced to key principles of learning and teaching, and they master basic progressions. The roles and responsibilities of instructors and their assistants are emphasized. 100% participation encouraged. Prerequisites: a minimum of 14 years as of the last day of the course, and current Bronze Cross (or higher) certification. Course Length: 15 hrs.
Lifesaving Society Distinction	Must have Bronze Cross	Encourages a maturity of response to demanding aquatic emergency situations and is designed to develop advanced water rescue skill and knowledge, and an understanding of the principles of fitness training. Distinction challenges include implications of assuming responsibility in an emergency, how to deal with two victims at once, and rescue of a non-breathing spinal-injured victim. Inherent in the name of the award, lifesavers must perform every item with distinction. Prerequisite: Bronze Cross certification (need not be current). Course Length: 20 hrs.

Lifesaving Society NLS Pool/AED	16 years by last day	This award is recognized as the elite lifeguarding certificate. Candidates are trained in many specialized lifeguarding techniques, as well as training in the use of Automatic External Defibrillation. Materials can be purchased at the pool on the first day (approx cost \$40). Exam date to be confirmed at the pool—100% participation strongly recommended. Prerequisites: Must have current Standard First Aid/CPR C and have had completed Bronze Cross. Manual Costs extra. Course Length: 45 hrs.
Lifesaving Society Swim/ Lifesaving Instructor	16 years by last day	The combined Swim and Lifesaving Instructor course prepares the instructor to teach and evaluate swim strokes and lifesaving skills. Through classroom learning and in-water practice, instructor candidates explore proven teaching methods; learning strategies and activities; a variety of stroke and skill drills; effective correction techniques; and evaluation criteria. Practice teaching is emphasized throughout. Materials can be purchased at the pool on the first day (approx. \$75). 100% participation required. Assistant Instructors is recommended. Prerequisite: 16 years of age by the end of the course, and current Bronze Cross (or higher) certification. Course Length: 40 hrs.
The Complete Lifeguard	16 years & up	Earn all the awards you need to be a certified lifeguard in one course. This course includes Bronze Medallion, Emergency First Aid, Bronze Cross, Standard First Aid, CPR B and C, National Lifeguard Service and Automatic External Defibrillation. Exam dates to be confirmed by pool. Manuals costs extra. Course Length: 60 hrs.
Lifesaving Society Aquatic Supervisor Training	16 years & up	In order to take this course a person must have worked at least 100 hours as an Instructor or Lifeguard, hold a current NLS and have a written recommendation from their Supervisor. Course Length: 12 hrs.
Lifesaving Society Emergency First Aid/CPR B	all ages	This program is for people who want a general knowledge of first aid principles and emergency treatment of injuries. Skills include: victim assessment, rescue breathing and CPR for adults and children, choking and what to do for external bleeding, heart attack, and stroke. Course Length: 6.5 hrs.
Lifesaving Society Standard First Aid/CPR C	14 years & up	This program provides comprehensive training covering all aspects of first aid and CPR. Standard First Aid incorporates all of Emergency First Aid and is designed for those who require a more in-depth understanding of first aid including: legal implications of first aid treatment, spinal injuries, heat and cold injuries, bone and joint injuries, abdominal and chest injuries, burns and medical emergencies. Course Length: 16 hrs.
Lifesaving Society Standard First Aid/CPR C Instructor	16 years & up	Candidates must have a current Lifesaving Society Standard First Aid award and completed Advanced Instructor Clinic prior to taking the Standard First Aid Instructor Course. This course certifies the candidate to teach Emergency First Aid, Standard First Aid, and CPR (all levels). There is a pre-course assignment to be completed prior to the first day of the course. Contact the Training Consultant for information at 905-615-3200, ext. 2327. Course Length: 10 hrs.
Lifesaving Society AED Course and Recertification	16 years & up	Automatic External Defibrillation Training. This course is designed to provide individuals with the skills required to operate an Automatic External Defibrillator only. This course does NOT include training on inspection and maintenance of the AED unit. Candidates must hold a current CPR certification, and be 16 years of age or older. **This course is for both first time candidates as well as those in need of a recertification** Course Length: 2–3 hrs.

Lifesaving Society Advanced Instructor and Examiner Clinic	16 years & up	Upon completion of this course and required co-exams, candidates will be examiners to Bronze Cross level. This course is the prerequisite to the NLS Instructors, Standard First Aid Instructors and AED Instructors. Candidates must have a current LSS Lifesaving Instructor award as well as awards they wish to be appointed to examine. Candidates must bring their Bronze Medals Award Guide, bathing suit and paper with pen. Course Length: 8 hrs .
Lifesaving Society NLS and AED Instructor	16 years & up	Must have a current NLS and AED awards and have completed Advanced Instructor Clinic, and First Aid Examiner appointment and current AED, prior to NLS/AED Instructor course. A pre-course assignment is required for this course; please contact the Training Consultant for details at 905-615-3200, ext. 2327. Materials extra can be purchased at the pool. Course Length: 21 hrs.

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Aquatics Exercise Leadership Programs		
Activity	Age	Description
CALA Aquatic Fitness Instructor Courses Part One: Vertical Water Training–The Kopansky Method Part Two: Group Aqua Fitness	17 years & up	<p>The City of Mississauga sponsors these courses for prospective Aquatic Fitness Instructors. The Basic Instructor program is 40 hours in length. You will become knowledgeable and certified as a Canadian Aquafitness Leaders Alliance (CALA) Instructor. The course content meets the needs of experienced aqua fitness leaders as well as lifeguards, aerobic instructors, rehabilitation specialists, personal trainers, coaches, participants and aspiring leaders.</p> <p>Part One: Vertical Water Training–The Kopansky Method. This course will focus on the holistic leadership approach; principles of training and components of fitness as related to water, magical properties of water (aqua physics), a comprehensive movement bank; risk management; applied anatomy and applied physiology for water training. Course fee includes all course materials, certification opportunity and annual membership fee with the Canadian Aquafitness Leaders Alliance. Course Length: 24 hrs.</p> <p>Part Two: Group Aqua Fitness. This course will expand on the movement bank, fine tune your group teaching skills, and give you lots of practical experience to help prepare you for teaching group recreational aqua fitness classes. Course fee includes all course materials and certification opportunities. Membership with CALA must be current to take this course. CALA membership will be verified with the CALA office prior to the workshop. Prerequisite: CALA Vertical Water Training. Course Length: 16 hrs.</p>
Aquatic Post Rehabilitation Instructor: CALA Healing Waters Program	17 years & up	<p>Aquatic Post Rehabilitation Instructor: CALA Healing Waters Program. This course will include the CALA Aquatic Post-Rehabilitation Prep Course and CALA Aquatic Arthritis and Joint Disorders Course. The program provides 22 hours of applied leadership training including theory and practical components. The two courses provide the necessary skills to enable you to instruct a safe and effective class for participants who have arthritis or are completing a rehabilitation program. Course fee includes all course materials and certification opportunities. Membership with CALA must be current to take this course. If your membership requires renewal this will be included in the non member course fee bar code. CALA membership will be verified with the CALA office prior to the workshop. Prerequisite: CALA Vertical Water Training. Course Length: 22 hrs.</p>
CALA Aquafit Workshop	17 years & up	<p>Aquafitness workshops are offered as an educational opportunity to ensure Aquafit instructors are up to date with industry developments. Learn new teaching techniques to inspire both you and your participants. Work shops will be on a variety of topics and will consist of dry land learning and water time. Participants will earn credits that will go towards maintaining certifications for CALA, OFC, YMCA, YWCA & CanFitPro. Course Length: Varies</p>

Swimming Activity Description Chart

Aquatic Exercise Programs		
Activity	Age	Description
Aquafitness	15 years & up	This program is designed for non-swimmers and swimmers alike. The program is ideal for individuals who want to reduce the amount of stress placed on joints or for those who are interested in cross-training options from land based activities. Class Length: Varies—see specific pool
Aqua Body Blast!	15 years & up	Looking for a challenge? Try this deep water workout that includes fat burning aerobics with strengthening, stretching, and toning components. A total body workout! Prerequisite: must be able to swim 25m and be comfortable in deep water. Class Length: 45 min.
Aquafit and Preschool Splash N’Play	15 years & up	Would you like to take a daytime Aquafit class but have a preschooler at home? Why not bring him/her along? Register for Aquafit and Preschool Splash N’Play and enjoy a workout while your preschooler enjoys supervised learning through play. You can still see your little one while exercising uninterrupted. Adults must be registered in the adult code in order to register their children into the child code. Class Length: 45 min.
Aquafitness Boot Camp	15 years & up	Boot Camp plus water equals a total body tune up that will put you through the paces of a fun and interactive military style water work out. This circuit style interval training class incorporates cardio and muscle training including water running, abs work, and aqua tethered belts delivers such benefits as core stability coordination, balance, agility. In order to work the whole body, participants will use various Omni-directional water resistance training equipment to push their fitness regime to the next level. This progressive program allows the beginner to advanced participants to set their own personal fitness goals while working to achieve their own personal bests, this is a moderate to high intensity workout. Are you up for the challenge of trying Aquafitness Boot Camp today? Prerequisite: must be able to swim 25m and be comfortable in deep water. Class Length: 45 min.
Deep End Aquafit	15 years & up	Classes are held in deep water eliminating any impact on your joints, using the buoyant belts for added support. Deep water classes are ideal for developing core strength and balance. Class design will include warm-up, cardio muscle conditioning and stretching. Prerequisite: must be able to swim 25m and be comfortable in deep water. Class Length: Varies—see specific pool
Deep End H2O Cardio, Guts & Butts	15 years & up	This program will contain a cardio component and focus on toning and strengthening your back, hips and abdominal muscles. Prerequisite: must be able to swim 25m and be comfortable in deep water. Class Length: 45 min.
Gentle Aquafit	15 years & up	This class is designed especially for people with physical limitations who want to keep fit. The class consists of a long warm-up, a short cardio component, a long muscle endurance segment and a long stretching component. Class Length: Varies—see specific pool
Diaper Fit	15 years & up	Enjoy participating in an Aquafit class with your little one right beside you! This course is designed to provide an opportunity for the adult to participate in the exercise class, and involve the child as much as possible, for a fun and different workout. It is strongly recommended children be comfortable going in the water and be able to sit up on their own. Children must be between the ages of 6 months and 2 years. Class Length: 45 min.

Pre and Post Natal Aquafit	15 years & up	Aqua natal water exercise provides a comfortable, enjoyable form of physical activity that benefits the mother to be and promotes healthy development for the unborn child. This program is a medium intensity workout designed for moms, and moms to be who wish to continue to exercise and maintain their fitness level. When your child is 6 months old you can have them right beside you in a flotation seat and involve them as much as possible while you enjoy your workout. This program helps you build strength and endurance leaving you refreshed and relaxed. Suitable for mothers during pregnancy and after giving birth. Class Length: 45 min.
Warm Water Aqua Guts & Butts	15 years & up	A workout in the warm Therapy Pool that focuses on toning and strengthening your back, hip and abdominal muscles. The perfect compliment to your high energy water workout. Class Length: 60 min.
Warm Water Gentle Aquafit	15 years & up	Offered only in Huron Park's Therapy pool. This class is designed especially for people who wish to stay fit and exercise in warmer water. This class consists of a long warm-up, safe movements, and a stretching component. Note: This is the only class offered in the therapy pool that has a senior rate attached. The rate is higher than that of regular Aquafit due to being in the therapy pool. Class Length: 45 min.
Water Running	15 years & up	Enhance your cross training program by joining a Water Running class. This invigorating class will challenge your cardiovascular workout, enhance your stamina, strength and improve your running techniques. Flotation belts and water gloves may be provided. This class is suitable for all fitness levels. Do not miss this opportunity to participate in a complete workout. This class takes place in the deep end. Prerequisite: must be able to swim 25m and be comfortable in deep water. Class Length: 45 min.
Water Works	15 years & up	Enjoy the benefits of a workout in the water and experience a program designed to provide the opportunity to work on muscle toning using water weights with a limited amount of cardio. Whether you are a swimmer or a non-swimmer this program is sure to provide you with an energetic workout for a stronger, firmer you! Class Length: 45 min.
Yoga Tai-lates Water Combo	15 years & up	A whole new Aqua experience! Combining moves from Tai Chi, Yoga & Pilates in our Huron Park Therapy or South Common Leisure Pool makes this warm workout an ideal class for improving range of motion, balance and mobility. Class Length: Varies

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Aquatic Therapy Programs		
Activity	Age	Description
Open Therapy Time (O.T.T.)	15 years & up	A daily drop in program for individuals who require space and time in the therapy pool to work through prescribed exercises. Participants may be bringing their personal therapist or work independently. There is no instructor for this pool time but a qualified guard and specialty equipment will be available for your use. Pay-as-you go daily drop-in rates apply or Therapy Pool Membership is required to access this program.
After Breast Cancer Aquafit	15 years & up	After surgery or treatment for breast cancer, your arm and torso are at risk for lymphedema. Lymphedema is a feeling of swelling, heaviness, poor range of motion, and pain. Lymphedema can be prevented or improved with aquatic exercise. The water's natural pressure and gentle ai chi movements will assist circulation and reduce lymphatic swelling. This class will focus on a positive outlook, strengthening, range of motion, breathing and relaxation to encourage healthy life after breast cancer diagnosis and treatment. Class Length: varies
Aquatic Personal Training	15 years & up	Aquatic personal training provides a customized workout program utilizing the weightlessness of water. Whether you need hydrotherapy, fitness related exercise or sport specific training; our qualified aquatic trainers can help you reach your goals. Training sessions with specific trainers are suitable for people requiring hydrotherapy as per doctor's instructions. Class Length: 60 min.
Back Rehab and Functional Movement	15 years & up	This program features exercise progressions for chronic back pain and orthopaedic conditions. This program will address muscle imbalance, improve core stability, increase muscle strength, range of motion, and functional movement patterns. This class will start each week in the main pool with functional walking patterns and move to the warm waters of Huron Park's Therapy Pool for muscle conditioning and stretching. This program is suitable for participants with chronic back pain, Parkinson's, poor balance, or for anyone who has challenges walking after surgery or an injury. Class length: Varies
Hip Knee and Back	15 years & up	For people who are coping with hip and knee joint degeneration. The program will focus on range of motion for the joints, muscle conditioning, balance and postural training. Recommended for Pre and Post operative conditions. This class is held in the Therapy Pool. Class Length: 60 min.
Moving Waters for M.S. and Strokes	15 years & up	This program is in our main pool at a temperature of 84 degrees to prevent overheating while exercising. The program is designed to improve mobility, flexibility, balance, coordination and endurance. Participating in exercise programs has been proven to help improve quality of life for M.S. and stroke survivors. Class Length: Varies

“Oh My Aching Body” Arthritis Workout	15 years & up	Recommended for people who suffer from arthritis, fibro myalgia and osteoporosis conditions and need to exercise in warm water. Movements are taught with consideration and education of safe moves. This class is held in the Therapy Pool. Also suitable for people who suffer from Parkinson’s disease. Class Length: 60 min.
Open Swim for Therapy and Fitness	15 years & up	Is swimming the only way you can stay fit? Do you need to access the deeper water of the main pool for therapeutic exercises? The main pool will be open for swimming lengths or doing aquatic exercises. Every effort will be made to accommodate a variety of swimming abilities. Training aids are available. Open Therapy rates apply.
Semi Private Therapeutic Exercise	15 years & up	Are you recovering from a recent injury or new to aquatic exercise? This program is designed as a small group exercise class for those who require more individual attention or just want an introduction to aquatic exercises. This program will help prepare you to participate in our regular programming. Class Length: 30 min.
Shoulder, Posture and Core	15 years & up	Do you need to rehabilitate your shoulder or improve your posture as a result of an injury or from muscular imbalances that have been acquired from daily activities? This class will focus on good postural alignment, challenging core and postural muscles while working on effective shoulder stabilization. Class Length: 60 min.
Warm Water Stroke Rehab Therapy	15 years & up	Recovering from a stroke or do you have a neurological impairment? This class will improve functional mobility focusing on range of motion, muscle conditioning, balance, gait and postural training. This program is suitable for people who suffer from Parkinson’s disease. Class Length: 60 min.
Water Lovers Oh My Aching Body	15 years & up	Enjoy similar safe movements and exercises found in our regular Oh My Aching Body programs but with more variety of positions. Reclining on your back, working on your side or swinging on a noodle can add a new dimension to your workout. Participants should be very comfortable in the water and be ready to try a number of suspended (feet off the floor) activities. Class Length: 60 min.